

Starting: June 1, 2026

THE MYTHIC BODY

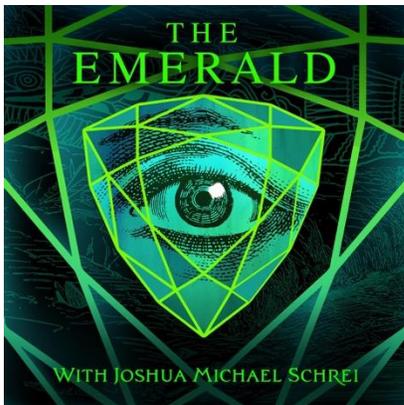


A yearlong course of mythic study, somatic practice, storytelling, song, threshold exploration and nature immersion with The Emerald podcast's Josh Schrei and many special guests.

An ongoing platform for deepening our connection to myth and story and to community, ecology, and cosmos.



Overview



The Emerald podcast lives at the heart of a growing movement that seeks to reclaim connection to living land, to awe and wonder, and to the story of what it means to be a human being.

Mythologist, somatic instructor, and storyteller Josh Schrei of The Emerald podcast introduces The Mythic Body, a yearlong course and ongoing community platform for dedicated participants who want to better understand the ecstatic, animate heart of myth and story, deepen their access to the imaginal core of human experience, explore foundational knowledge common to global ritual traditions, and enhance their practice in their own traditions.

Through mythic study, somatic practice, ritual repetition, nature immersion, threshold exploration, and shared story, participants will recalibrate and deepen their relationship with body, community, ecology, and cosmos.

The course has deep relevance and deep applicability for bodyworkers, somatic instructors, therapists, depth psychologists, storytellers, public speakers, artists, writers, activists, policy makers, community builders, and all knowledge seekers.



For more information on how to register, go to themythicbody.com

Course Pillars

Mythos • Somatic Practice • Ritual Repetition • Invocation • Nature Immersion • Threshold Exploration • Devotion



1. Mythos

The myths of the world aren't abstract ideas. They are meant to stir a somatic experience of connection to the natural world and the larger cosmos. Ongoing study of the global mythic corpus will provide an anchor through which we can understand commonalities of ecstatic experience, build foundational access into deep somatic states, and understand how the human being is situated in this world of animate forces. Our study will focus on the myth as a key driver of human experience that is ritually enacted and somatically felt. We will discuss and invoke myths from around the world and explore specific ways to apply mythic understanding to our daily lives.



2. Somatic Practice

Our journey into the mythic heart of human experience will be anchored with regular breathwork and simple guided somatic meditative practice. Participants will also design their own somatic practice based on expanding access to threshold states and deepening access to foundational somatic energetics. Somatic practice will be accessible for all levels.

Course Pillars



3. Ritual Repetition

Building on foundational knowledge, participants will structure a repetitive daily practice based within their own traditions, designed to connect them to a regular ritual rhythm. This repetitive practice will deepen over the length of the course and will be a key part of the course project work as participants expand their understanding of the key components of ritual, the somatics of ritual, and how simple ritual provides a foundation for daily life.



4. Invocation

99% of human tradition has been conducted through the medium of oral invocation. Honing our understanding of the dynamics of oral invocation has implication for all teachers, students, practitioners, writers, storytellers, and knowledge seekers. Through storytelling, listening, and vocalization practice, participants will awaken and hone the human instrument as a vehicle for transmission in their own teaching and practice traditions.



5. Nature Immersion

Participants will be invited to increase their time spent in the natural world and will explore the specifics of their relationship with nature and natural forces in new and dynamic ways. Moving from a destination-centric paradigm of nature immersion to a model of focus, animacy, deep knowledge, and vocal interaction, participants will grow their understanding of natural systems and reawaken the power of their relationship to place. Together we will explore methodologies of listening to land, re-enchanting land, and growing our relationship to land.



Course Pillars



6. Threshold Exploration

Human beings once had ready access to deep states of seamless connection with the natural world and spent long periods of time in these flow states. Course participants will explore their own thresholds — what activities take them into the state of deep connection to nature and cosmos — and over the course of a year, will increase the time they spend in threshold states and cultivate simple exercises to access these states.



7. Devotion

At the heart of this course is the understanding of the simultaneously tiny and grand place that the human being holds within the cosmos, a recognition that naturally generates awe and wonder. This devotion is the backbone for all of our study. Participants will develop a program of regular ritualized wonder and offering around an object of devotion within their own traditions and explore how access to awe and wonder can be constructed on a regular basis.





Participants Receive —

- Access to a full year on the course platform and the opportunity to continue to participate beyond that year.
- 24 multimedia presentations that go deep into the heartbeat of global mythic traditions. Each presentation explores a particular theme or facet of animate tradition and references dozens of mythic stories and lineages.
- 30+ guided meditation and movement practices designed to help participants embody each course segment.
- An archive of myths, stories, and songs related to each course segment told and taught by Josh and course facilitators.
- 3x monthly zoom calls with Josh and course facilitators.
- Monthly calls with a range of guests and contributors
- Ongoing weekly practice suggestions, invitations, and prompted discussions that will help deepen the participant's experience of the course material.
- A vibrant international community of participants and practitioners available for connection and community support.
- Space in which to share and platform the participant's own skills, arts, stories, and offerings.
- Ongoing updates to course presentations and practices and new course material as it arrives
- Opportunities for local gatherings and practice meetups with other course members in their region

For more information on how to register, go to themythicbody.com



Course Structure

- The course is a self-paced learning model with a recommended time of 9 months - 1 year for completing the initial material. This self-paced model is anchored with regular 3x monthly calls to establish a rhythm of connection, practice, and exploration.
- The course is facilitated on an online platform through which participants access presentations, practices, archived stories and songs and discussions, interact with other course participants, initiate conversation threads and highlight their own perspectives and works.
- Participants will be offered the opportunity to organize into small group learning pods to deepen the course experience.
- Regular zoom calls happen 3x monthly (two calls with Josh, one with course facilitators), are 2 hours long and are a combination of led practice, multimedia presentation, and group discussion/breakout discussion. There are an additional 1-2 guest calls each month. All calls are recorded.

- After completing the initial course material, participants will be welcome to continue their journey on the online platform which will be updated with new presentations and contributions on an ongoing basis. The online platform is meant to be an ever-expanding community resource and a deep mythic archive available to all participants.
- In-Person immersions on the island of Kauai will be held throughout the course year and are an optional addition to the course. Immersion costs are not included in course costs. Participants will receive information about immersion dates upon registration.
- The next round of The Mythic Body course starts June 1, 2026. People who register will receive updates, course agreements, and orientation videos in advance of the start date of the course.

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Projects

Participants will complete three foundational projects.

1. **Shrine Building** — Participants will methodically construct their own ritual space and practice starting with a simple object of devotion and evolving aesthetically, artistically, and devotionally.
2. **Ritual Pilgrimage** — Participants will design their own ritual immersion based on the foundational ritual principles that we study in the course.
3. **Mythtelling and Invocation**— Participants will slowly come to identify a core myth that they work with throughout the course, learning from it, invoking it, and using the techniques of invocation we study to bring it life in their bodies.



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In Person Immersion

Participants are invited to attend a four-day in-person immersion on the island of Kauai. In this beautiful setting, we'll practice invoking, moving, breathing, shrine building, listening to land, adoring waterfalls, and weaving mythic stories. Immersion costs are not included in course tuition and are first come first served.

Immersion cost = \$990

Airfare and accommodation are not included. Lunch provided on immersion days. Participants who are able to attend choose one set of the following dates.

- Sept 11-14, 2026**
- Sept 18-21, 2026**
- Sept 25-28, 2026**





Course Segments

Segment 1 — Mythosomatic foundations

Exploring the resonant link between myth, body, community, and cosmos.

Segment 2 — Dissolution

Mythologies and practices of dissolution, shedding, dismembering, letting go, exhalation, and release.

Segment 3 — Void

Mythologies and somatics of primordial oceans, ringing ethers, and the time and space of pre-creation. The discomfort of in-between spaces, what it means to access spaces of non-doing in an age that demands production and action.

Segment 4 — Underworld and Ancestors

Mythologies of the dead, underworlds, ancestors and ghost realms. How we relate to the depths, and what the underworld journey meant traditionally as opposed to modern visions of it. Foundations of ancestor practice.

Segment 5 — Listening

Mythologies of listening, hearing, primordial sounding, as the senses awake in the void. Opening up ancestral faculties of tuning to animate presence in the forest.

Course Segments

Segment 6 — Wave Dynamics

Understanding the basic directionalities of animacy and energetic movement as reflected in the body, the story, the ritual structure and the cycles of nature.

Segment 7 — Ritual Foundations

Fundamentals of ritual, foundational cycles of the cosmos and their reflection in the body and the ritual structure.

Segment 8 — Offering

Shrine building, feeding, and offering as it expressed in traditions around the world.

Segment 9 — Devotion

Foundations of devotional practice. The somatics of devotion. How devotion can enhance our relationship with the animacy of the living world.

Segment 10 — Focal Point

Mythologies of the point, egg, seed, and moon as the point of rapturous focus. Identifying techniques and technologies of rapturous focus.

Segment 11 — Axis

Mythologies and practices of axis, world tree, and central mountain. Finding the continuous axis between the practitioner, the community, and the cosmos and investigating what center we orbit in our lives.

Segment 12 — Serpent

Mythologies of the dragons, nagas, and serpents. Traditions that honor the serpentine world and traditions that vilify it, and what serpent mythologies can teach us about protocol and power.

Course Segments



Segment 13 — Nectar

Mythologies and practices of nectar. The honey of prophecy, the mead of poetry, the lunar nectar of soma and their relation to the somatic trance experience.

Segment 14 — Vessel

Myths of cauldrons and cups across cultures, devotional teachings on being a vessel, and cultivating the body of the practitioner as hollow container.

Segment 15 — Grail

Myths of the overflowing source and how we as human beings drink from it.

Segment 16 — Fire

The mythosomatics of fire, from the repetitive fire of ritual to the blaze of imaginative imagery. Mythologies and practices of friction and luminosity.

Segment 17 — Shapeshift

Hoofbeats on the cave floor — mythologies and practices of shapeshifting and animal mimicry, expanding sense faculties and rattling.

Segment 18 — Vibration

Sound invocation and vibrational resonance as the foundation of the cosmos and the ritual mysteries. Myths and practices of uttered sound.

Course Segments

Segment 19 — Invocation

The sonic alphabet as the very force of creation, the tongue as primordial instrument, and finding the bardic praise song that is longing to be given voice to. Invocation as the animate force itself.

Segment 20 — Pulse

Mythologies of the drum and the exploration of rhythms in nature, bodies, and ecologies. Instruments, frequencies, and their specific relationship with trance. Binaural explorations.

Segment 21 — Moon

Mythologies of the moon and the architecture of rituals that center around the lunar cycle. Practicing ongoing somatic connection to the moon.

Segment 22 — Heart

Mythologies of the heart. The somatics of 'following the heart.' The heart as an organ of resonance through which the power of ritual works. Tantric visions of heart-mind and heart-space.

Segment 23 — Mandala

Expanding the visionary mythic geography. Basic practices to connect to the wheel of animacy and to start to establish boundary.

Course Segments

Segment 24 — Animacy

Visions of animate beings and spirits from traditions around the world. Spirit categories and personalities and a deeper look at what relationality with the spirit world means.

Segment 25 — Pilgrimage

Mythologies of the great journey, and how it reflects in our relationship with our own breath, our own practice, and our relationship with community, ecology and cosmos. Somatic pilgrimage practice.

Segment 26 — Union

Mythologies of the great rejoining. Union and re-union as perpetual mythosomatic experience.



Costs

The costs for this yearlong immersive course were arrived at through a deep want to make it affordable and accessible, and to stand as an alternative to pricing models in the wellness world that are often over-inflated.

The next round of The Mythic Body course starts June 1, 2026. People who register will receive updates, course agreements, and orientation videos in advance of the start date of the course.

The Mythic Body course costs \$1170 and participants will receive one year of access to the course platform. Access after that costs \$15 per month.

Payment plans are available at checkout.

For more information on how to register, go to themythicbody.com



Bio

Joshua Michael Schrei is the founder and host of The Emerald podcast, which draws from a deep well of poetry, lore, and mythos to challenge conventional narratives on politics and public discourse, meditation and mindfulness, art, science, literature, and more. A writer, teacher, and a lifelong student of the cosmologies and mythologies of the world — in particular, the Indian subcontinent — Josh has sought to navigate the living, animate space of the imagination and advocate for a world that prioritizes imaginative vision. Josh has taught intensive courses in cosmology, mythology, and somatic disciplines for nearly 20 years.



Facilitators



Skye Cielita Flor

Skye is a longtime student of animist tradition and brings a foundation of deep apprenticeship in Taoist healing and Shipibo curanderismo. She is a facilitator of Experiential Deep Ecology, a Grief Ritualist, Folk Herbalist and a curator of immersive group experiences that focus on the reclamation of animist perception, mythic imagination and ritual rhythms.

Portia Richardson

Portia is an interdisciplinary healing practitioner, teacher, animist ritualist, and songcatcher who walks the thresholds between what is seen and what is felt. Through her music (Scinnlaece), earth-honoring practices, and cultural carework, she invites remembering of the body as temple, of story as portal, of life as prayer. She is devoted to the sacred work of bridging connection and cultivating belonging to Self, to Spirit, to community, and to the more-than-human world.



Eve Bradford

Eve has spent decades exploring the fertile intersections of art, activism, medicine, and magic—as educator, ritualist, and mentor. Her work centers around the syncretic, embodied spiritual philosophy of Animist Daoism—woven from decades of study and cultivation of elemental wisdom, indigenous & mystic traditions, deep ecology, systems theory, poetry, embodiment and creative practice.

Guests and Contributors

Saro Lynch-Thomason

Saro is a song leader and folklorist and uses song to help connect our modern bodies to folk knowledge, people's history, and everyday reverence for the animate world. She has studied and taught folk songs from Appalachia, Scotland, England, the American South and beyond and is the primary curator of The Mythic Body's song archive.



Scout Wiley

Scout is a writer and ritual artist living on lands traditionally stewarded by the Cherokee. Sourcing from the movement lineages of Butoh and Laban-Bartiniieff, as well as the trance-induction techniques of Neuro-Linguistic Programming, Scout creates imaginal-somatic practice containers designed to reawaken humanity's relationship with the living world.



Rose B. Simpson

Rose (born, lives, and works in Santa Clara Pueblo, NM) is a mixed-media artist whose work explores the impact, both emotional and existential, of living in the postmodern and postcolonial world. Growing up in a multigenerational, matrilineal lineage of artists working with clay, her practice is informed by indigenous tradition.



Peia Luzzi

Peia is an America-born song collector, writer, and multi-instrumentalist based in the mountains of Appalachia. Uncovering melodies wrinkled and wise with time while taking care to honor their language and stories, Peia brings a piece of herself to each song she carries.



Guests and Contributors



Kanani Aton

Kanani is a Hawaiian cultural practitioner who loves to share insights from her tradition and is guided by a native mindset inclined to teaching, servant leadership, and taking care of the land.

Leah Song and Chloe Smith

Rising Appalachia is an internationally touring folk ensemble steeped in the soul of the South. It is the brainchild of Atlanta-raised sisters Leah Song and Chloe Smith, rooted in the rich musical traditions of their family and their journey into song as performers, writers, and song catchers.



Simon Thakur

Simon is the creator of Ancestral Movement — an approach to embodied practice aimed at radically transforming and expanding the sense of self, by exploring and rediscovering patterns of movement and awareness that are part of our species' history, both recent and ancient.

Eden Knutilla

Eden is a bard and artist based in New York, NY. Their work is in service to the erotic, poetic desires of the unfolding, dying, decaying, plastic, playful, relational, artificial, trans, queer, trashed and dreaming worlds. Emerging through sound, scent, and slathering, their performance, sculpture, and sound work is a devotional act to the selfish generosity of ecological creation.



Guests and Contributors



Jack Mitchell

Jack is a Nyoongar writer and researcher, initiate storyteller of the species homo-ritualis, following his dreaming to find new modes and methods of resistance. He is interested in what can be felt, experienced and remembered, finding the language to synthesise diasporic lineages and a mixed bag of resonating stories into right relationship.

Marya Stark

Marya is an award-winning vocalist, music producer, performer, and multi-instrumentalist. She is a bard, storyteller, and poet. Her body of work is steeped in the transformational arts of music therapy, mythical folklore, energetic alchemy, and womb empowerment.



Ben Joffe

Ben is an anthropologist, diviner, translator, and editor from South Africa based in Porto, Portugal. He holds a PhD in cultural anthropology from the University of Colorado, Boulder, with a specialization in the anthropology of Tibet, Tibetan Buddhism, religion, magic, Tantra and the globalization of esoteric traditions.

Katsi Cook

Katsi is a Wolf Clan Mohawk midwife, activist, scholar and visionary. She has been a leader in reviving indigenous midwifery traditions and recently published the book *Worlds within Us: Wisdom and Resilience of Indigenous Women Elders*.



Guests and Contributors

Mary McLaughlin

Mary is a singer/songwriter/teacher who is steeped in the Ulster Gaelic song tradition of her native Ireland where she was born and raised. Mary records, performs and teaches workshops in Irish singing, technique and Gaelic song and culture. Her particular expertise is in the Keen, Gaelic Christmas songs and Fairy Song.

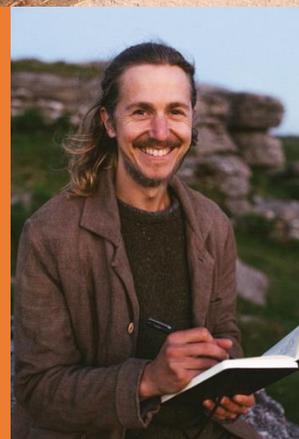


Dr. Maya Ward

Maya dwells in the tall mountain forests of Wurundjeri Country, South-East Australia, where she teaches the connections between body, ecology and culture through writing, dancing and tending the earth. Her memoir *The Comfort of Water: A River Pilgrimage* detailed her long walk from the sea to the source of the Yarra following the length of an ancient Songline.

Yannick Dubois

Yannick is the creator of Forestheart, a soulful ethical business that blends visual art, storytelling, nature-connection, and spiritual practice. A student of the Order of Bards, Ovates and Druids, Yannick specialised in Celtic tree lore, which also plays a central role in his artwork. His passion for Welsh, Irish, and Norse/Icelandic myths, particularly the story of Cerridwen and Taliesin, has led him on several pilgrimages to sacred sites in Wales.



Guests and Contributors

Claire Dunn

Claire is a writer, speaker, mother, barefoot explorer, rewilding facilitator and founder of Nature's Apprentice. Claire facilitates individuals to dive deeply into the mysteries of nature and psyche through the pathways of deep nature connection, ancestral earth skills, deep ecology, ecopsychology, soulcentric nature-based practice, village building, dance, ceremony and contemporary wilderness rites-of-passage.



Tom Hirons

Tom Hirons is a poet and storyteller based in Devon in the UK. He is the director of Feral Angels Press and editor of Clarion poetry magazine. He teaches poetry-writing, both online and in-person, and runs poetry-focused wilderness fasts.